



Green Tomato and Jalapeno Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



839 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 4 cloves garlic chopped ()
- ☐ 1 inch ginger chopped ()
- ☐ 1 pound tomatoes green peeled chopped (and)
- ☐ 4 jalapeños sliced ()
- ☐ 0.5 cup herbs such as mint and cilantro chopped ()
- ☐ 2 tablespoons soya sauce
- ☐ 3 cups sugar

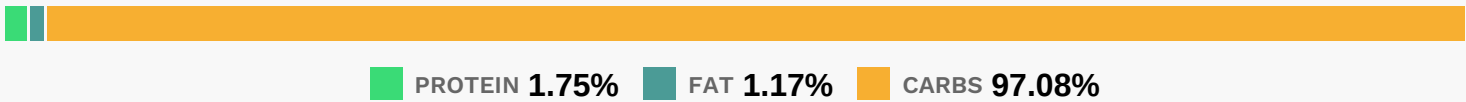
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Puree the jalapenos, herbs, garlic, ginger vinegar and soy sauce in a food processor.
- ☐ Place the mixture into a sauce pan and add the tomatoes and sugar.
- ☐ Bring to a boil and simmer until it thickens, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:67.36, Glycemic Load:140.5, Inflammation Score:-8, Nutrition Score:12.415217503257%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 838.83kcal (41.94%), Fat: 1.13g (1.74%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 212.02g (70.67%), Net Carbohydrates: 209.01g (76%), Sugar: 206.86g (229.84%), Cholesterol: 0mg (0%), Sodium: 697.84mg (30.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin C: 61.27mg (74.26%), Vitamin A: 1490.87IU (29.82%), Manganese: 0.5mg (24.84%), Vitamin K: 18.79µg (17.9%), Vitamin B6: 0.29mg (14.38%), Potassium: 481.65mg (13.76%), Fiber: 3.01g (12.05%), Copper: 0.22mg (11%), Iron: 1.75mg (9.7%), Vitamin B5: 0.91mg (9.14%), Vitamin B2: 0.15mg (9.11%), Vitamin E: 1.25mg (8.35%), Vitamin B3: 1.64mg (8.21%), Magnesium: 32.71mg (8.18%), Vitamin B1: 0.12mg (8%), Phosphorus: 78.36mg (7.84%), Folate: 29.73µg (7.43%), Calcium: 54.92mg (5.49%), Selenium: 2.6µg (3.71%), Zinc: 0.36mg (2.38%)